

Lean Protein Ideas



Collagen



*Light
Cottage Cheese*



*Whey Protein
Powder*



Egg Whites



*Egg Whites,
Hard-Boiled*



*Lean
Deli Meat*



*96% Lean
Ground Beef*
(rinsed with hot water)



*Chicken Breast
Turkey Breast*



*Lean Ground
Chicken
Lean Ground
Turkey*



*Lean Fish or
Shellfish*



*Lean
Pork Tenderloin*



*0% Greek
Yogurt*